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Review Article

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EFFECT OF PHYSICAL ACTIVITY IN MODERN LIFESTYLE

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There is a lack of physical activity in modern life. The recommended 30 minutes of moderate-intensity physical activity are really only completed by 35% of men and 24% of women at least five times each week. At all ages, men are typically more physically active than women, and both sexes see a noticeable drop in physical activity as they get older. Compared to adults, children are more active. Despite the fact that levels of physical activity in both adults and children have remained relatively stable recently, there is some evidence to suggest that occupational activity has declined since the 1990s, as well as a decline in active transportation to school and time spent in physical education classes. This has occurred at the same time that adult sports activity is on the rise (example: membership in fitness clubs). It is obvious that physical activity has advantages for people of all ages. Physical activity helps children's bones grow stronger and maintain energy balance, which lowers their risk of developing chronic diseases as adults. Also, it is crucial for establishing healthy living habits, social connection, and wellbeing.

Keywords: Physical Activity, Modern Life, Children, Sports Participation

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Introduction

The health benefits of physical activity are substantial. Some consequences are well known; physical activity, which accounts for a large portion of energy expenditure, has a significant impact on energy balance and body composition. Physical activity is also acknowledged as a significant independent modifiable risk factor that protects against cardiovascular disease (CVD), stroke, type 2 diabetes, colon, and breast cancer, as well as other critical health outcomes like mental well-being, accidents, and falls.

The last two centuries or more have seen a significant decline in the amount of physical exercise people engage in due to the rapid speed of industrialization, urbanisation, scientific advancement, and recent explosion in information and communication technologies. Man's "physical activity basis" is being severely eroded by unrestrained mindless pursuit of materialistic philosophy, sharply rising consumerism, and the gloomy "push button" lifestyle, which are replacing it with a culture that is overly dominated by mental gymnastics and physical inactivity. 60% of people worldwide, according to a WHO estimate, do not exercise enough to guarantee good health. The majority of individuals in metropolitan areas have allowed themselves to be enslaved by pervasive automation. Thus, our bodies have grown accustomed to enjoying more than anything else, sitting in moving office chairs, riding in air-conditioned cars to and from offices, and returning to homes that are also air-conditioned. As a result, those who do not engage in any strenuous activities may pass away in an air-conditioned grave sooner than those who do; instead of enjoying walking to the nearest friend's house across the street, each of us loves taking the car. In fact, some people barely perspire at all unless they regularly consume hot soup, tea, or coffee. And the only time they run is when they appear to be running late for the bus or train to get to work, when stray dogs are chasing them, when snakes get inside their rooms, or when their homes are on fire. High malaria fever is the only other item that can make some people perspire. Some individuals should have longed for cars to drive them to the restrooms, their offices, and their living rooms if it had been possible. The aforementioned sedentary behaviors are tasty to the body, but they provide risks to elevated heart and body frames.

Reasons for lack of activity

The main causes of people's decreased physical activity, lack of physical exercise, and even dislike of it in general, and young students in particular, can be identified *as enclosed in Annexure 01.*

Figure: - 1 The major reasons for decreasing physical activity.

Enclosed as Annexure 01

- A lack of awareness of the benefits of exercise or physical activity.
- People have a difficult time to change their attitudes about things like physical exercise, which should be a way of life for everyone regardless of age or gender, once they have been accustomed to following certain kinds of established routines.
- Increasingly people are starting to adopt energy-free modes of transportation such cars, buses, two-wheelers, auto rickshaws, etc.
- The younger pupils are gradually breaking their habit of bicycling to and from the playground or school.
- More and more business tasks and household chores can be performed while seated. This indicates that fewer people are moving during daily activities.
- The amount of exercise people do in their spare time has significantly dropped. Even leisure activities don't require a lot of physical effort, but watching television has no boundaries when it comes to time or mental focus, whether it's for adults or kids.
- The majority of students today believe that exercising is embarrassing, which may be one of the main reasons why they don't like it. A fine demeanour is one that is valued by society. It includes puffy flowing hair, skin-tight clothing, a slow springy walk, and a grave, calm gaze. Why would someone suddenly stretch out their arm or show their leg when bending over?

Although this lack of physical activity is not a concern in wealthy nations, developing nations are also plagued by extra issues as a result of this trend's ferocious winds. They might reside in urban areas with excessive populations, poverty, crime, traffic, and air pollution. Moreover, there might not be enough open area for exercise or not enough sports and recreation facilities.

Factors influencing physical activity

Physical activity is influenced by many things. Generally speaking, physical activity in children and adolescents is highly correlated with demographic, individual, interpersonal, and environmental factors. *(Enclosed as Annexure 02)*

Benefits of physical activity

Exercise is the only thing you need if you want increased vigour and lifespan. Regular physical activity and exercise have many positive health effects that are difficult to deny. Consider the ways that exercise can enhance your life.

Figure: - 2. The WHO highlighted six key messages in their latest physical activity recommendations.

Enclosed as Annexure 03

Other Benefits of physical activity

- Reduces the risk of dying prematurely from heart disease;
- Reduces the risk of developing diabetes;
- Reduces the risk of developing high blood pressure;
- Reduces blood pressure in people who already have high blood pressure;
- Reduces the risk of developing colon and breast cancer;
- Helps to maintain a healthy weight;
- Helps build and maintain healthy bones, muscles, and joints;
- Helps older adults to become stronger and better able to move about without falling;
- Reduces feelings of depression and anxiety;
- Promotes psychological well-being;
- Improves self-discipline;
- Reduces morbidity and mortality from mental health disorders.

According to research, kids who participate in interscholastic sports are more likely to stay in school, maintain good conduct, and achieve high academic standards. They are also less likely to smoke frequently and heavily or use drugs. Young people can learn qualities like Teamwork, self-discipline, sportsmanship, leadership, and sociability through sports and physical exercise programmes. Absence of sports, physical activity, or other forms of recreation may make young people more susceptible to gangs, drugs, or violence. Exercise may encourage the development of new brain cells that improve memory and learning, two processes that are impeded by depression, according to animal research. Exercise has been shown to be a viable and effective treatment for depression in older men and women in clinical research.

Simply set a general goal of engaging in at least 30 minutes of physical activity each day if you want exercise to be a terrific way to feel better, obtain health advantages, and have fun. Once you make exercise a priority in your daily routine, you will be able to clearly notice how beautiful the world is.

Conclusion

This essay discusses the benefits of physical movement for overall health and wellbeing, including how it significantly lowers the risk of chronic disease. In the modern world, physical inactivity is a serious public health issue. Almost half of the population still engages in seldom physical activity, despite a best-case scenario small increase in total levels of physical activity since 2000. Taking on this problem will benefit the populace in many ways, but it will especially save lives and lower healthcare expenses. Increasing activity levels can also result in a higher quality of life since exercise offers chances for social connection and community involvement.

The advantages of physical activity for overall health and wellbeing are covered in this essay, including how it dramatically reduces the risk of developing chronic diseases. Physical inactivity is a significant public health concern in the modern world. Despite a best-case scenario modest improvement in overall levels of physical activity since 2000, about half of the population still only sometimes engages in physical activity. Taking on this issue will help the population in many ways, but it will save lives and reduce healthcare costs the most. Since exercise provides opportunities for social interaction and community involvement, increasing activity levels can also lead to an improvement in quality of life.

Annexure

Annexure 01

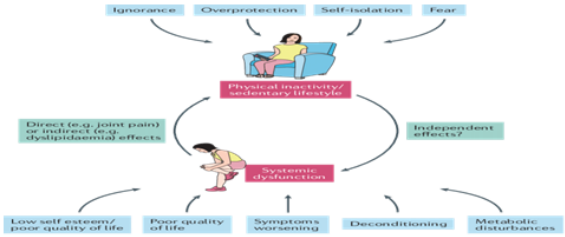

Figure: - 1 The major reasons for decreasing physical activity.

Annexure 02

Demographic factors	Individual factors	Interpersonal and environmental factors
Demographic factors include: - ❖ Sex ❖ Age ❖ Race ❖ Ethnicity. Girls, by and large, are known to be less active than boys, older children and adolescents. Similarly children and even adults in some ethnic groups have a great fascination for organization physical activity of vigorous nature, while others remain satisfied with whatever they do by way of routine activities.	Individual factors positively associated with physical activity among young people include confidence in one's ability to engage in exercise (i.e. self-efficacy), perception of physical or sport competence, having positive attitudes towards physical education, and improving skills; staying in shape; improving appearance and increasing strength, endurance and flexibility. All these benefits notwithstanding, there is a general complaint of paucity of time usually stands in the way of physical activity particularly among the adolescents.	This factor is also positively associated with physical activity among young people include peers or friends support for and participation in physical activity. Research has revealed that there is a positive relationship between physical activity level parents and that of their children, particularly adolescents. Physical activity younger people are also positively correlated with having access to convenient spaces, sports equipmentsand transportation to sports of fitness programmes.

Annexure 03

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